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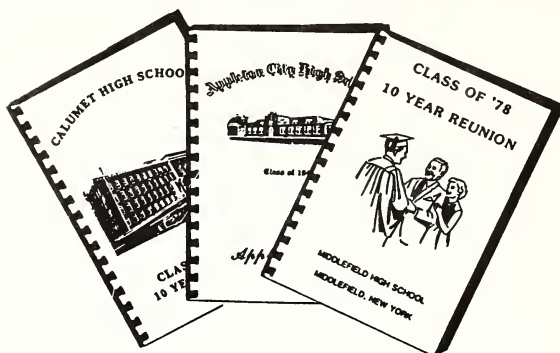
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Carl K. Wooden

Carl K. Wooden
President

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Church History

Redmon Baptist Church was built in 1940 on land donated by George G., Laura, Cora, and Addie Redmon.

James Monroe Redmon (1879-1951) donated timber and supplies. Many members of the community donated supplies and labor.

The Church was built at a cost of \$2,546.00. The bell was bought from the Board of Education for \$5.00.

Redmon is a missionary Baptist Church and has been a member of the Newfound Association since 1946. The Church has 66 members.

Robert Vaughn was the first pastor and Oder Anders is the present pastor (1987).



FIESTA CORN SALAD

Carolyn Teague

- 2 c. whole kernel corn
- 2 medium carrots, halved length-wise and then sliced in rounds

- 1 c. sliced celery
- 1/2 large onion, chopped fine
- 1 small jar chopped pimiento, drained

Dressing:

- 1/4 c. cider vinegar
- 4 Tbsp. honey
- 1 1/2 Tbsp. minced garlic or garlic powder

- 1/4 tsp. salt
- Dash pepper
- 1 c. vegetable oil

Toss all the vegetables together and set aside. Mix dressing well and pour over vegetables. Let set overnight and drain off excess liquid; toss and serve. Will keep about 1 1/2 weeks in refrigerator.

GREEN VEGETABLE SALAD

Frances Rogers

- 1 can French cut green beans, drained
- 1 can green peas, drained

- 1 c. diced celery
- 1 c. diced onions
- 1 small jar pimiento, drained and diced

Mix all vegetables together and pour dressing over.

Continued.....

GREEN VEGETABLE SALAD (Continued)

Dressing:

- | | |
|--------------------|--------------------|
| 1 Tbsp. salt | 1 c. cider vinegar |
| 1 1/4 c. sugar | 1 Tbsp. water |
| 1/2 c. cooking oil | Dash paprika |

Mix until sugar is dissolved. Heat mixture a little to hurry up process. After dressing cools, pour over vegetables and let stand overnight in refrigerator. Drain in colander and serve.

ORIENTAL SALAD

Phyllis Fiscus

- | | |
|-------------------------------|------------------------------|
| 1 c. French style green beans | 1 small jar pimento (cut-up) |
| 1 c. whole kernel corn | 1 Tbsp. water |
| 1 c. peas | 1/2 c. oil |
| 1 c. bean sprouts | 3/4 tsp. pepper |
| 2 stalks celery | 1 c. sugar |
| 1 c. chopped onion | 3/4 c. vinegar |
| 1/2 c. chopped green pepper | 1 tsp. salt |

Put first 5 ingredients in a drainer and drain well. After drained, mix next 3 ingredients to the vegetables. Bring next 6 ingredients to a boil and set aside to cool. After it gets cold, pour over the vegetables and let set overnight. This makes a large bowl of salad.

JELL-O DELIGHT SALAD

F. E. Rodgers

- | | |
|---------------------------------------|-----------------------------|
| 1 large crushed pineapple,
drained | 1/2 pkg. small marshmallows |
| 1 can Eagle Brand milk | 1/2 c. chopped nuts |
| 1/4 c. lemon juice | 1 large Cool Whip |

Mix pineapple, milk and lemon juice. Add remaining ingredients and refrigerate overnight in salad mold or dish. NOTE: Can use as dessert. Pour into graham cracker crust and decorate with maraschino cherries.

ORANGE SALAD

Loretta Pounders

- | | |
|----------------------------|------------------------------|
| 1 large cottage cheese | 1 medium Cool Whip |
| 1 large pkg. orange Jell-O | 1 small can mandarin oranges |
| 1 large crushed pineapple | 1 c. pecans |

Continued.....

ORANGE SALAD (Continued)

Mix cottage cheese and dry Jell-O well. Fold until well mixed. Add well drained pineapple; stir well. Add Cool Whip and pecans. Fold well. Decorate with orange and pecan halves if desired.

CRUNCHY PEA SALAD **Marie Boyd**

- | | |
|--|----------------------------|
| 1 10-oz. pkg. frozen green
peas, thawed | 1/4 tsp. onion |
| 2-3 tomatoes, chopped | Salt and pepper (to taste) |
| 1/8 tsp. dill | 1/3 c. sour cream |

Combine peas, tomatoes, and seasonings. Add enough sour cream to coat vegetables. Chill thoroughly.

CRANBERRY SALAD **Carol Sellers**

- | | |
|----------------------------|---|
| 1 c. whole cranberry sauce | 1 regular can crushed pineapple,
drained |
| 1/2 c. chopped pecans | 1 box cherry Jell-O |
| 1 8-oz. Cool Whip | 1 c. water |
| 1 8-oz. cream cheese | |

Softens cream cheese. Blend with all ingredients, except Cool Whip. Fold it in. Keep refrigerated.

CRANBERRY SALAD **Donna Stone**

- | | |
|---|----------------------------------|
| 1 large pkg. cherry Jell-O | 1 whole orange, cut up in pieces |
| 1-lb. pkg. cranberries | 1 c. sugar |
| 1 c. chopped pecans | 3 c. boiling water |
| 1 large can crushed pineapple
with juice | |

Mix sugar and Jell-O and pour into boiling water. Grind cranberries and oranges; then add pineapple with juice and nuts. Mix and congeal. Good with meats.

COKE SALAD **Joyce Fender**

- | | |
|-----------------------------------|---------------------------|
| 1 can bing black cherries | 1 3-oz. pkg. cream cheese |
| 1 small can crushed pineapple | 1 c. pecans, chopped |
| 1 small pkg. black cherry Jell-O | 1 12-oz. bottle Coke |
| 1 small pkg. red raspberry Jell-O | |

Continued.....

COKE SALAD (Continued)

Drain cherries and pineapple (save juice); add enough water to make 1 1/2 c. Bring to a boil and pour over Jell-O. Blend in softened cream cheese, cool, and add cherries, pineapple, pecans, and Coke. Chill.

FRUIT SALAD

Ethel Metcalf

1 c. pineapple tidbits
1 c. peaches
1 c. pears

1 c. fruit cocktail
1 box vanilla instant pudding
3 Tbsp. Tang

Reserve 1 c. pineapple juice. Drain other fruits. Mix pineapple juice with pudding and 3 Tbsp. Tang. Mix until well blended. Add other fruits and chill. May add extra cherries if desired.

Write Extra Recipes Here:





PEPPER STEAK

Carlene Cochran

- 1 lb. lean beef steaks, or
roast, cut 1/2-inch thick
- 2 Tbsp. butter
- 2 cloves garlic, sliced
- 1 1/2 c. beef broth (2 bouillon
cubes per cup)

- 1 c. sliced onions
- 2 green peppers
- 2 Tbsp. cornstarch
- 1/4 c. soy sauce
- 1/4 c. water
- 2 large fresh tomatoes

Cut steak into 1/4-inch wide strips. Brown meat in butter; add garlic and broth. Cover and simmer 30 minutes. Stir in onions and pepper. Cover and cook 5-10 minutes. Blend cornstarch, water and soy sauce. Stir into meat mixture. Cook, stirring, until thickens, about 2 minutes. Add tomatoes and stir gently. Serve over rice.

SPECIAL MEAT LOAF

Tish Lawrence

- 2 lbs. ground beef
- 1/3 c. Minute Tapioca
- 1/2 c. onion, finely chopped
- 1 1/2 tsp. salt

- 1/4 tsp. pepper
- 1 1/2 c. fresh tomatoes, peeled
and mashed
- 1 jar (2.5 oz.) mushrooms

Combine all ingredients, mixing well. Pack into a 9x5x3-inch loaf pan. Bake at 350 degrees for 1 to 1 1/4 hours. 6-8 servings.

MEATLOAF

Joanne McMahan

1 1/2 lb. ground beef
1/8 tsp. black pepper
1 egg
1 Tbsp. brown sugar
1 grated onion

3/4 tsp. salt
1 1/4 c. corn bread crumbs
3 Tbsp. catsup or tomato juice
2 Tbsp. evaporated milk

Mix meat, salt, pepper, bread crumbs, eggs, catsup, brown sugar, milk, and onion; mix well. Shape into loaf; indent with tip of finger to where it will take up sauce. Bake at 350 degrees for 1 hour.

Sauce:

3 Tbsp. brown sugar
2 Tbsp. vinegar

1 1/2 Tbsp. prepared mustard
1 1/4 c. tomato juice or tomato sauce

Mix together. Add 1 1/4 c. of tomato juice or tomato sauce (add water to sauce). Bring to a boil. When meat loaf has baked 15 minutes, add 1/2 of the sauce. When it has baked 30 minutes, add rest of sauce.

MEAT BALLS

Margaret Meadows

1 lb. hamburger

1 box Stove Top stuffing (chicken flavor)

Prepare stuffing according to directions on box. Mix ground beef and stuffing and make into balls. Put meat balls in a casserole dish. Mix 2 cans of golden mushroom soup with 1 1/2 cans warm water. Pour over meat balls. Bake at 350 degrees for 45 minutes. Serve over rice or noodles.

MICROWAVE - ONE STEP LASAGNA

Jewel Waldroup

1 lb. ground beef, crumbled
32 oz. spaghetti sauce
1 tsp. salt
8 oz. lasagna noodles

2 c. cottage cheese
3 c. shredded Mozzarella
1/2 c. Parmesan

Microwave ground beef on High in 2-qt. glass casserole for 5-6 minutes; drain. Stir in spaghetti sauce, 1/2 c. water, and salt. Microwave, covered, on high for 5-6 minutes or until well heated. Layer - 1/3 of the sauce, half the noodles, 1 c. cottage cheese, and half the Mozzarella in

Continued.....

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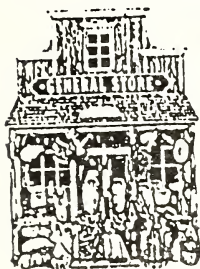
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MICROWAVE - ONE STEP LASAGNA (Continued)

9x13-inch casserole. Repeat layers ending with sauce. Sprinkle with Parmesan. Microwave, tightly covered, on High for 30-35 minutes; let stand for 5 minutes before serving.

SAUSAGE BALLS

Mae Taylor

3 c. Bisquick
10 oz. sharp cheese

1 lb. sausage

Mix all ingredients. Make into small balls and bake at 400 degrees for 20 minutes.

MEATLOAF PINWHEEL

E. M. Boyd

1 1/2 lbs. ground beef
1 c. soft bread crumbs
1 8-oz. jar cheese spread
1 egg, beaten

1/4 tsp. salt
1 1/2 c. cooked rice
2 Tbsp. chopped parsley

Combine meat, crumbs, half of cheese spread, egg, and salt; mix lightly. Pat out meat mixture to cover 12x10-inch rectangle of foil. Combine remaining cheese spread, rice and parsley; spread over meat. Roll up, starting at narrow end. Wrap securely; refrigerate several hours or overnight. Cut roll into 8 slices; place in baking dish. Bake at 350 degrees 30-35 minutes or until meat is done.

BAR-B-QUE TURKEY

Glenda Marlor

1 wild turkey, skinned

1 bottle of Kraft bar-b-que sauce

Put turkey in a roasting pan. Cover with sauce. Bake in a preheated 450 degree oven for 45 minutes.

HAMBURGER ONE DISH DINNER

Carolyn Teague

1 lb. hamburger

1 c. mixed vegetables

1 chopped onion

1 pkg. Spanish rice

Dash pepper

1 to 1 1/2 c. corn meal

Fry approximately 1 lb. hamburger (drain). Add 1 chopped onion and a dash of pepper, 1 can mixed vegetables (drained) and the Spanish rice which has been prepared according to directions on pkg. Mix all together. Prepare 1 to 1 1/2 c. of corn meal as if making corn bread, except mix very thin. Spoon a very thin layer over all and bake at 450 degrees until brown.

SUMMER SAUSAGE

Bob Clark

5 lbs. ground chuck

2 tsp. hot sauce (Texas Pete)

4 Tbsp. tender-quick (rounded)

3 1/2 tsp. mustard seed

3 1/2 tsp. coarse black pepper

5 tsp. liquid smoke

Mix all ingredients well. Refrigerate 4 days. Each day remove from refrigerator and mix well. On fifth day, roll into 4 or more rolls. Place on broiler pan and bake at 200 degrees for 5 hours.

SUMMER SAUSAGE

Phyllis Fiscus

4 lbs. hamburger

1 1/2 tsp. peppercorns

3/4 tsp. onion powder

1 1/2 Tbsp. liquid smoke

3/4 tsp. garlic salt

1 1/2 Tbsp. mustard seed

1 c. water

5 Tbsp. tender quick (Morton's)

Mix all together and divide into 4 rolls. Wrap each in heavy foil. Refrigerate 24 hours. Put in a long pan and cover with water; boil 1 hour. Remove from foil. Cool on rack. Re-wrap to freeze.

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BAR-B-QUE MEATBALLS

Marie Boyd

1 1/2 lb. ground beef
1 c. milk
1 1/2 tsp. salt
3/4 c. rolled oats

3 tsp. minced onion
1/2 tsp. pepper
Flour to dredge and
fat for frying

Sauce:

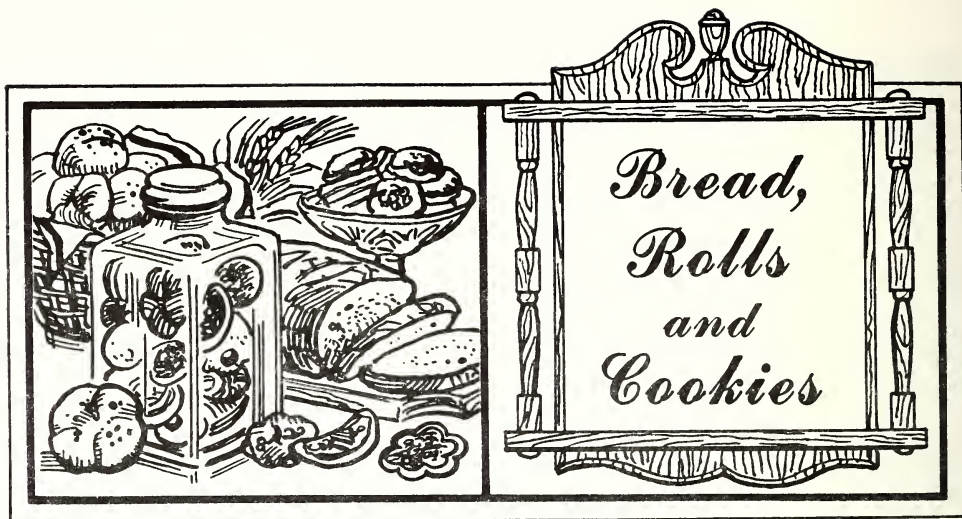
2 Tbsp. sugar
1/2 c. water
6 Tbsp. onion

2 Tbsp. Worcestershire sauce
1 c. ketchup
3 Tbsp. vinegar

Combine ingredients and form into balls. Roll in flour and brown in fat. Arrange meatballs in a greased baking dish. Cover with well mixed and heated sauce. Bake 30 minutes at 350 degrees.

Write Extra Recipes Here:





PUMPKIN BREAD

Modeen Teague

1 1/2 c. plain flour
 1 c. sugar
 1 tsp. cinnamon
 1 tsp. baking powder
 1 tsp. soda
 1 tsp. salt
 1/2 tsp. nutmeg

1/2 c. nuts
 1 c. pumpkin
 1 c. cooking oil
 1 box coconut Jell-O pie filling
 2 eggs

Mix all ingredients thoroughly. Bake at 325 degrees for 30 minutes.

MEXICAN CORN BREAD

Karen Clark and Carlene Cochran

1 1/2 c. self-rising meal
 3 eggs, beaten
 1 c. cream style corn
 1/2 c. sweet green peppers,
 chopped

2/3 c. oil
 1 large hot pepper (can omit)
 1 c. grated sharp cheese
 1 c. buttermilk
 1/4 c. chopped onion

Mix all ingredients, except cheese. Pour 1/2 batter into a well-greased and floured 9x13-inch pan. Sprinkle cheese on top. Add remaining batter. Bake at 375 degrees until golden brown, about 30 minutes.

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SOUR DOUGH BREAD

Joyce Fowler

1/3 c. sugar	1/2 c. corn oil
1 tsp. salt	1 c. starter
6 c. flour (bread flour - Pillsbury)	1 1/2 c. warm water

In a large bowl, make a stiff batter of the ingredients at left. Grease a large bowl. Put dough in and turn oil side up. Cover with foil and let stand several hours. Do not refrigerate. Punch down and knead a little. Divide into 3 parts and knead each part on floured surface 8-10 times. Put in greased loaf pans. Brush with oil and cover with waxed paper. Let rise 4-5 hours or overnight. Bake at 350 degrees 40-55 minutes. Remove and brush with butter. Wrap well and store.

SOUR DOUGH STARTER

Joyce Fowler

1/2 c. sugar	1 c. warm water
3 Tbsp. instant potato flakes (Hungry Jack)	

Put starter in refrigerator; feed every 3-5 days. Feed with ingredients listed at left. Mix well and add to starter. Let stand out of refrigerator all day (8-12 hours). Take out one cup to make bread and return remaining starter to refrigerator. Keep in 3-5 days and feed again. If not making bread, feed starter and give a cup away.

PUMPKIN BREAD

Pauline Plemmons

3 1/2 c. flour	1 tsp. cinnamon
3 c. sugar	2 c. or 1 small can pumpkin
2 tsp. soda	2/3 c. water
1 1/2 tsp. salt	1 c. oil
1/4 tsp. cloves	4 eggs
1/2 tsp. ginger	1 c. chopped nuts
1 tsp. nutmeg	2/3 c. raisins

Mix together in order listed. Bake in 2 greased, floured loaf pans at 325 degrees for 1 hour or until done. Cool thoroughly. Freezes well. To make 3 loaves, use 3 c. pumpkin or a large can. Cut recipe in half and add to regular recipe.

PREACHER COOKIES

Brenda Gillespie

1/2 c. butter	2 c. regular oatmeal (uncooked)
2 c. sugar	1 tsp. vanilla
1/2 c. milk	1 c. nuts or coconut
1/2 c. cocoa	

Combine butter, sugar, and milk in a saucepan. Boil 3 minutes. Stir in cocoa, oatmeal, vanilla, and nuts or coconut. Beat well working quickly. Drop by spoonfuls onto waxed paper. Cool 5 minutes.

7 LAYER COOKIES

Toni Thomas

3/4 stick butter	1 6-oz. pkg. butterscotch chips
1 c. graham cracker crumbs	1 c. Eagle Brand milk
1 c. coconut	1 c. chopped pecans
1 6-oz. pkg. chocolate chips	

In a 8x12-inch pan, melt 3/4 stick of butter. Sprinkle 1 c. of graham cracker crumbs and press down. Sprinkle crumbs with: coconut, 6-oz. pkg. chocolate chips, 6-oz. pkg. butterscotch chips. Pour 1 can Eagle Brand milk over all. Sprinkle 1 c. chopped pecans on top and press down. Bake 25 minutes at 325 degrees. Cool and cut into squares.

CHESS SQUARES

Modeen Teague

1 box yellow cake mix	1 egg
1 stick butter	1 c. nuts
1 c. coconut	

Mix thoroughly. Press into a greased 9x13-inch pan. First layer.

Topping:

1 box confectioners' sugar	1 tsp. vanilla
1 c. coconut	2 eggs
1 8-oz. cream cheese	

Beat eggs and cream cheese until smooth. Add other ingredients. Beat and pour over first layer. Bake at 325 degrees for 40 minutes.

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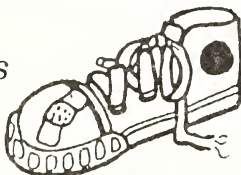
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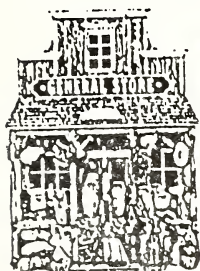
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CHERRY NUT NUGGETS

Grace Hawkins

1 c. shortening
1 3-oz. pkg. cream cheese, soft
1 c. sugar
1 egg
1 tsp. almond extract

2 1/2 c. all-purpose flour
1/2 tsp. salt
1/4 tsp. soda
1 1/3 c. finely chopped pecans
Maraschino cherries (drained and halved)

Cream shortening and cream cheese; gradually add sugar, beating until light and fluffy. Add egg and almond extract, beating well. Combine flour, salt, and soda. Stir into creamed mixture. Chill dough at least one hour. Shape dough into 1-inch balls. Roll in pecans, and place on an ungreased cookie sheet. Gently press a cherry half into center of each cookie. Bake at 350 degrees for 16-18 minutes.

SNICKERDOODLE COOKIES

Carolyn Teague

1 1/2 c. sugar
1 c. Crisco oil
2 3/4 c. plain flour
2 eggs

2 tsp. cream of tartar
1 tsp. baking soda
1/4 to 1/2 tsp. salt

Mix well and chill for 30 minutes. Roll into small balls. Roll balls in a cinnamon and sugar mixture. Bake on an ungreased cookie sheet for 8-10 minutes at 400 degrees.

CHOCOLATE OATMEAL COOKIES

Jewel Waldroup

- | | |
|----------------------|----------------|
| 2 c. sugar | 1/3 c. cocoa |
| 1/2 c. milk | 1 stick butter |
| 1/2 c. peanut butter | 1 tsp. vanilla |
| 3 c. oatmeal | |

Boil sugar, cocoa, milk, and butter for 1 minute. Add peanut butter, vanilla, and oatmeal; mix well. Put on waxed paper until they set.

CHOCOLATE CHIP COOKIES

Jewel Waldroup

- | | |
|------------------------|--------------------------------|
| 1 c. plus 2 tsp. flour | 1/2 tsp. vanilla |
| 1/2 c. butter, melted | 1 egg, beaten well |
| 6 Tbsp. sugar | 1 6-oz. pkg. chocolate morsels |
| 6 Tbsp. brown sugar | |

Preheat oven to 375 degrees. Mix butter, sugars, and vanilla. Add eggs, flour, and chocolate morsels. Bake for 8-10 minutes.

DATE BALLS

Mildred Reeves

- | | |
|------------------------------|----------------------|
| 1/2 stick butter | 1 c. pecans, chopped |
| 2 eggs | 2 c. Rice Krispies |
| 1 c. sugar | 1 large bag coconut |
| 1 8-oz. pitted chopped dates | |

Cook butter, eggs, sugar, and dates until well blended. Add pecans and Rice Krispies. Butter hands; roll into balls. Cover with shredded coconut.

GRAHAM CRACKER BARS

Joanne McMahan

- | | |
|---------------------|----------------------------|
| Graham crackers | 1/2 c. milk |
| 1 c. butter, melted | 1 c. graham cracker crumbs |
| 1 c. sugar | 1 c. chopped pecans |
| 1 egg, beaten | 1 c. shredded coconut |

Frosting:

- | | |
|--------------------------|--------------------|
| 6 Tbsp. butter, softened | 1 Tbsp. milk |
| 2 c. powdered sugar | 1 1/2 tsp. vanilla |

Continued.....

GRAHAM CRACKER BARS (Continued)

Line bottom of a 13x9x2-inch pan with whole graham crackers. Set aside any remaining. Combine butter and sugar. Mix egg with milk; add to sugar mixture. Cook over medium heat until thickened. Stir in graham crackers; top with remaining whole crackers. Spread with frosting. Refrigerate until firm.

Frosting: Cream all ingredients until light and fluffy.

APPLE ROLLS

Joanne McMahan

3 c. all-purpose flour	4 c. water
1 tsp. salt	1 1/2 c. white sugar
1 c. shortening	2 tsp. vanilla
6-8 (maybe more) Tbsp. cold	4 c. apples
water	1/2 c. brown sugar
2 sticks butter	1 1/2 tsp. cinnamon

First 4 ingredients are for crust. Mix and chill. In a 9x13-inch pan, put the butter and water. Let this get hot and stir occasionally. Then add sugar and vanilla. Stir until sugar is dissolved. Roll out pastry and spread 4 c. of apples over pastry. Sprinkle 1/2 c. brown sugar and 1 1/2 tsp. cinnamon over apples. Roll up like a jelly roll. Cut into 1 1/2-inch slices. Drop into hot mixture. Bake 1 hour at 350 degrees. Serve hot with ice cream or plain.

FORGET 'EM COOKIES

Marilyn Pickett

2 egg whites	1 6-oz. pkg. semi-sweet chocolate morsels
Dash of salt	
3/4 c. sugar	1 c. chopped pecans
1 tsp. vanilla	

Preheat oven to 350 degrees. Beat egg whites (room temperature) until foamy. Add salt and gradually add sugar, one Tbsp. at a time, beating mixture until stiff peaks form. Fold vanilla, chocolate morsels, and pecans into beaten egg whites. Drop by teaspoon onto cookie sheet lined with foil. Place in oven and turn off heat immediately. Do not open oven for 8 hours. Remove cookies carefully from foil.

P L E A S E P A T R O N I Z E O U R A D V E R T I S E R S

PEANUT BUTTER COOKIES

Ruth Cochran

1/2 c. soft shortening (half
butter)

1/2 c. peanut butter

1/2 c. white sugar

1/2 c. brown sugar

1/2 tsp. cinnamon

1 egg

1 1/4 c. flour

3/4 tsp. soda

1/2 tsp. salt

1 tsp. vanilla

Mix shortening, peanut butter, sugar, and egg thoroughly. Mix rest of ingredients and stir in. Roll dough into balls the size of walnuts. Mash with fork dipped in flour. Bake 10-12 minutes at 375 degrees. Makes about 3 doz.

Write Extra Recipes Here:





FRUIT COCKTAIL CAKE

Dorothy Edwards

1 1/2 c. white sugar	2 tsp. soda
2 eggs	1/2 tsp. salt
1 large can cocktail and juice	1/4 c. brown sugar
2 c. plain flour	

Preheat oven to 300 degrees. Mix 1 1/2 c. sugar and 2 eggs. Add fruit cocktail and juice; mix well. Add 2 c. plain flour, soda, and salt. Pour into a greased 9x13-inch pan. Sprinkle with 1/2 c. brown sugar and 1/2 c. coconut. Bake for 45 minutes.

Topping:

1/2 c. coconut	1/2 c. pecans
2/3 c. white sugar	1 tsp. vanilla
1 stick butter	1/2 c. coconut
1/2 c. evaporated milk	

Mix white sugar, butter, and milk. Bring to a boil and boil for 2 minutes. Remove from heat and add coconut, pecans, and vanilla. Pour over cake while still warm.

NOTE: Keep refrigerated.

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APPLE CHEESE CRISP

Nell Brevard

- 4 apples

1/4 c. water

1 tsp. lemon juice

3/4 c. sugar

1/2 c. flour
- 1/2 c. shortening

1/2 tsp. salt

3/4 c. cheese

1/2 tsp. cinnamon

Peel, slice, and core apples. Place in a shallow buttered pan. Pour water and lemon juice over apples. Mix sugar, flour, cinnamon, shortening, salt, and cheese last. Sprinkle over the apples. Bake at 350 degrees until apples are tender and crust is crisp (about 30 minutes). Serve warm or cold.

VANILLA WAFER CAKE

Bernice Boyd

- 2 sticks butter

1 3/4 c. sugar

6 eggs

1 box vanilla wafers, crushed
- 1/2 c. milk

1 c. pecans

2 c. coconut

Combine butter and sugar; beat until fluffy. Add eggs, one at a time, with milk. Add wafer crumbs, nuts, and coconut. Bake 1 hour at 325 degrees.

Glaze:

- 1/2 c. canned milk

1/2 stick butter
- 2/3 c. sugar

Cook glaze ingredients for 3 minutes and pour over cake while still in pan.

SEVEN UP CAKE

Carol Sellers

- 1 box lemon cake mix

4 eggs

1 small box pineapple instant pudding
- 3/4 c. Crisco oil

1 10-oz. bottle 7-Up

Mix well and bake at 325 degrees in 3 or 4 layers for 25-30 minutes.

Continued.....

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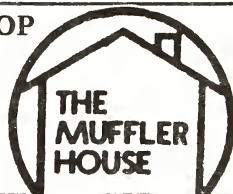
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Marshall, NC

SEVEN UP CAKE (Continued)

Frosting:

- | | |
|-------------------------------|---------------|
| 1 small can crushed pineapple | 2 eggs |
| 1 stick butter | 3 Tbsp. flour |
| 1 1/2 c. sugar | |

Mix all ingredients together. Cook on low heat until thick and desired amount of coconut; spread between layers.

ATOMIC CAKE

Pearl Boyd

- | | |
|---------------|--------------------|
| 3 c. flour | 2 c. cold water |
| 2 c. sugar | 3/4 c. cooking oil |
| 6 Tbsp. cocoa | 2 Tbsp. vinegar |
| 1 tsp. soda | 2 tsp. vanilla |
| 1 tsp. salt | |

Place the first 5 dry ingredients in a sifter and sift into an ungreased pan in which you will bake it. Add the next 4 ingredients and stir with a fork. Bake 25-30 minutes in a 350 degree oven.

Cocoa Frosting:

- | | |
|---------------|----------------|
| 1 c. sugar | 1/4 c. milk |
| 1/4 c. cocoa | 1 tsp. vanilla |
| 1/4 c. butter | |

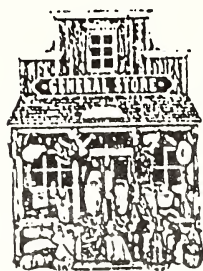
Mix all the frosting ingredients together. Cook over high or medium heat until it starts to boil. Cook 1 minute. Remove from heat and cool until lukewarm. Add 1/4 c. nuts if desired.

HAWAIIAN CAKE

Phyllis Fiscus

- | | |
|--------------------|---|
| 3 c. sifted flour | 1 1/2 tsp. vanilla |
| 1 tsp. baking soda | 3 eggs |
| 1 tsp. cinnamon | 8 oz. crushed pineapple (fruit and juice) |
| 2 c. sugar | 2 c. diced bananas |
| 1 tsp. salt | |
| 1 1/4 c. oil | |

Continued.....



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HAWAIIAN CAKE (Continued)

Mix all ingredients with a mixer except bananas. Add bananas last and stir by hand to blend. (Nuts may be added.) Pour into a 9-inch tube pan (greased and floured). Bake 1 hour and 20 minutes at 350 degrees. Cool in pan. Take tube out when cake is half cooled.

SOUR CREAM COFFEE CAKE

Phyllis Fiscus

- | | |
|-----------------------|-------------------------|
| 1 stick butter | 1/4 tsp. salt |
| 1 c. granulated sugar | 1 c. sour cream |
| 2 eggs | 2 tsp. vanilla |
| 2 c. sifted flour | 1/4 c. sugar mixed with |
| 1 tsp. baking powder | 1 tsp. cinnamon |
| 1 tsp. baking soda | |

Cream butter and sugar. Add eggs, one at a time. Beat well after each addition. Sift all dry ingredients together; add alternately with sour cream and vanilla. Grease and flour a tube pan. Pour 1/2 of batter in pan. Sprinkle with 1/2 of the sugar and cinnamon mixture. Pour in rest of batter. Sprinkle with rest of the sugar and cinnamon mixture. Bake at 350 degrees for 45 minutes. Put rack in center of oven.

SURPRISE POUND CAKE

Virginia Wick

- | | |
|------------------------------|------------------------|
| 1 box white cake mix | 4 eggs |
| 1/2 c. oil | 1/2 c. orange juice |
| 1 pkg. pistachio pudding mix | 3/4 c. chocolate syrup |
| 1/2 c. water | |

Continued.....

SURPRISE POUND CAKE (Continued)

Mix all ingredients, except syrup, for 5 minutes at medium speed. Pour 3/4 batter into tube pan; add syrup to remaining batter and mix well. Pour chocolate mixture over other batter, but do not mix. Bake at 350 degrees for 50-55 minutes. Prepare orange glaze and pour over cake.

Glaze:

1/2 lb. powdered sugar 1/2 c. orange juice

Mix ingredients at left and pour over hot cake.

"TURTLE" CAKE

Mrs. J. C. Arrowood and Wilma Martin

1 chocolate cake mix	1 6-oz. pkg. chocolate chips
1 small can Carnation milk	1 c. nuts
1 12-oz. bag caramels	

Mix cake mix according to directions on box. Pour 1/2 into a 9x13-inch pan. Bake at 350 degrees for 15 minutes. While this bakes, melt caramels in Carnation milk. Spread nuts over cake when baked. Pour caramel mixture over this. Spread chocolate chips over this. Pour other half of mix over this. Bake 15 or 20 minutes more.

DIABETIC CAKE

Ruby Messer

4 1/2 c. graham cracker crumbs	1 1/2 c. milk
1 Tbsp. baking powder	3/4 c. shortening
1/4 tsp. salt	3 tsp. Sweet and Low
3 eggs, separated	1 tsp. vanilla extract

Heat oven at 350 degrees. Grease and flour two 9-inch pans. Mix cracker crumbs, baking powder, and salt. Put egg yolks, milk, shortening, Sweet and Low, and vanilla into blender. Cover and mix until smooth. Add to cracker crumbs; mix well. Beat egg whites with rotary until stiff. Fold into cracker mixture. Pour into prepared pans. Bake 30-35 minutes.

Topping:

Top cake with applesauce. Sweeten with Sweet and Low. Sprinkle applesauce with 1 c. chopped nuts.

RED VELVET CAKE

Jewel Waldroup

2 eggs	1 tsp. vanilla
2 c. sugar	1 Tbsp. cocoa
1 c. butter	1 Tbsp. vinegar
2 1/2 c. flour	2 oz. red food coloring
1/2 tsp. salt	1 c. buttermilk
1 1/2 tsp. soda	

Cream butter and sugar; add eggs and beat. Make a paste of vinegar and cocoa. Add to mixture with flour and buttermilk; blend well. Add vanilla and food coloring; mix well. Grease and flour 2 cake pans. Bake at 350 degrees for about 30 minutes.

Filling:

1 c. milk	1 tsp. vanilla
1 c. soft butter	1 c. chopped nuts
1 c. sugar	1 can coconut
2 tsp. flour	

Cook milk and flour on low heat until thick. Set aside. Cool completely. Cream sugar and soft butter; add to flour mixture. Beat until it looks like whipped cream. Add nuts, coconut, and vanilla; blend well. Spread between layers and on top.

DREAMY CHOCOLATE CAKE

Frances Rogers

2 c. plain flour, sifted	4 Tbsp. cocoa
2 c. sugar	1 c. water
3/4 c. Wesson oil	1/2 tsp. soda
1/2 c. buttermilk	2 eggs
1 stick butter	Dash salt

Bake 40 minutes at 350 degrees. Mix in bowl sugar and flour. Set aside while you combine in a pan 1 c. water, Wesson oil, butter, and cocoa which you boil for 1 minute, stirring constantly. Add this second mixture to sugar and flour mixture, and beat 2 or 3 minutes. Stir into 1/2 c. butter the 1/2 tsp. soda which you add to the combined mixture along with 2 eggs and dash of salt. Beat; mixture will be thin. Use a 9x13x2-inch pan.

Continued.....

DREAMY CHOCOLATE CAKE (Continued)

Frosting:

4 Tbsp. sweet milk	1 stick butter
4 Tbsp. cocoa	1 tsp. vanilla

About 5 minutes before cake is done, mix sweet milk, cocoa, butter, and vanilla. Bring to a boil. Stir in thoroughly 1 box powdered sugar. When smooth, spread over warm cake in pan. Cut into squares to serve.

MELT-IN-YOUR-MOUTH POUND CAKE

Pauline Plemmons

2 stick butter	1 tsp. coconut flavoring
1/2 c. oil	5 eggs
2 3/4 c. sugar	3 c. plain flour
1 c. milk	1/2 tsp. rum or vanilla flavoring
1/2 tsp. baking powder	1/4 tsp. salt

Cream together butter, oil, and sugar. Add eggs, one at a time. Sift together flour, baking powder, and salt. Add alternately with milk. Add rum and coconut flavoring. Bake at 325 degrees for 1 hour and 15 minutes.

Glaze:

2/3 c. sugar	1 tsp. almond flavoring
1/2 c. water	

Let come to boil for 1 minute. Remove from heat; let cool. Add 1 tsp. almond flavoring. Pour over cake while in tube pan.

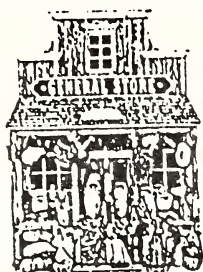
PIG PICKING CAKE

Joyce Fender

1 box butter cake mix	4 eggs
1 stick butter	1 can mandarin oranges
1/4 c. Wesson oil	

Beat all ingredients 4 minutes. Add juice of the can of mandarin oranges to the mix. Then fold in orange sections. Bake at 350 degrees 15-20 minutes in 3 9-inch layer pans or 30-35 minutes in a 13x9-inch pan.

Continued.....



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PIG PICKING CAKE (Continued)

Topping:

- | | |
|--|--|
| 1 large can crushed pineapple
and juice | 1 box instant vanilla pudding
1 large container Cool Whip |
|--|--|

Mix pineapple, pudding together and fold in Cool Whip. Top layers or layer. Refrigerate.

PARADISE CAKE

Joyce Fender

- | | |
|---|-------------------------|
| 1 can cherry pie filling | 2 sticks butter, melted |
| 1 large can crushed pineapple
and juice | 1 c. flaked coconut |
| 1 box yellow cake mix (mix as
directed on box) | 1 c. chopped nuts |

On ungreased pan put in layers as listed at left. Melt 2 sticks of butter and pour over batter. Sprinkle over top with coconut and chopped nuts. Bake at 350 degrees for 1 1/2 hours.

UPSIDE DOWN PINEAPPLE CAKE

Rosie Meadows

- | | |
|--|-----------------------------|
| 3 or 4 Tbsp. butter | 4 cherries |
| 1/2 c. firmly packed brown sugar | 1 9-oz. box yellow cake mix |
| 1 small can sliced (7 oz.) pine-
apple, drained | 1/2 c. chopped nuts |

Continued.....

UPSIDE DOWN PINEAPPLE CAKE (Continued)

Preheat oven to 350 degrees. Melt butter in bottom of 8x8x2-inch square pan (can use round if you prefer). Sprinkle with brown sugar. Arrange pineapple over sugar and place cherries in pineapple rings and sprinkle with nuts. In a large bowl, prepare cake mix as directed and pour over pineapples. Bake for 40 or 50 minutes or until a toothpick comes out clean. Invert cake onto a plate.

LEMON FRUIT CAKE

Pauline Plemmons

1 lb. butter	1 1/2 lb. cherries
1 lb. light brown sugar	1 lb. pineapple
6 eggs	1 lb. white raisins (1 box)
4 Tbsp. lemon extract	12 oz. pecans
4 c. plain flour	

Mix butter, sugar, eggs, extract and 1/2 of flour. Mix other 1/2 of flour in separate bowl with fruits; then stir in together. Bake at 250 degrees 3-4 hours. Can put cherries, nuts, etc. on top after 1 hour baking. Put bowl of water in oven with cake while baking.

COCONUT SOUR CREAM CAKE

Mae Taylor

1 box cake mix with butter	1 12-oz. pkg. frozen coconut
2 c. sugar	1 1/2 c. Cool Whip
1 16-oz. Arcadia sour cream	

Bake cake according to directions on box. Split the layers to make 4 layers. Mix sugar, coconut, sour cream, and Cool Whip. Mix well and frost cake.

RING OF COCONUT FUDGE CAKE

Delois Masters

2 c. sugar	1 tsp. soda
1 c. cooking oil	1 c. hot water
2 eggs	1 tsp. vanilla
3 c. self-rising flour	1/2 c. chopped nuts
3/4 c. unsweetened cocoa	1 c. buttermilk

Filling:

1/4 c. sugar	1/2 c. flaked coconut
1 tsp. vanilla	1 c. semi-sweet or milk chocolate pieces
1 8-oz. cream cheese, softened	
1 egg	

Continued.....

RING OF COCONUT FUDGE CAKE (Continued)

Glaze:

1 c. powdered sugar	2 tsp. vanilla
2 Tbsp. butter	1-3 Tbsp. hot water
3 Tbsp. cocoa	

Grease and flour a 10-inch tube pan. Preheat oven at 350 degrees. Prepare filling and set aside. Lightly spoon flour into cup to measure and level off. Combine sugar, oil, and eggs; beat on high speed for 1 minute. Add remaining ingredients (except filling and nuts). Beat for 3 minutes on medium speed (scrape bowl occasionally). Stir in nuts by hand. Pour half the batter in pan; then add filling and top with remaining batter. Bake 70-75 minutes or until top springs back. Cool in pan 15 minutes. Remove from pan and cool completely. Mix glaze ingredients and pour over cake.

IRISH POTATO CAKE

Delois Masters

2 c. sugar	2 c. flour
1 c. shortening	4 Tbsp. cocoa
4 egg yolks	2 tsp. baking soda
1 tsp. vanilla	1 tsp. cinnamon
1 c. mashed potatoes	1/2 tsp. salt
1 c. walnuts	1 tsp. nutmeg
4 egg whites	1/2 c. milk

Cream butter and sugar until light and fluffy. Add egg yolks and cream well. Sift together flour, cocoa, baking powder, salt, nutmeg, and cinnamon. Add alternately with milk to the batter. Fold in whipped egg whites, nuts, vanilla, and potatoes. Put in a tube pan and bake for 1 hour at 350 degrees.

DUMP CAKE

Tish Lawrence

1 box Duncan Hines yellow cake mix	1 21-oz. can cherry pie filling
1 20-oz. can crushed pineapple, do not drain	1 c. chopped nuts
	1/2 c. butter, sliced very thin

Spread undrained pineapple into a 13x9x2-inch pan, greased lightly and evenly. Spread pie filling evenly over pineapple. Spread dry cake mix evenly over pie filling. Sprinkle nuts over cake mix. Put butter in thin slices over top of nuts. Bake at 350 degrees for 48-53 minutes.

PIG PICKEN CAKE

Tish Lawrence

1 box Duncan Hines butter cake mix
1 small can mandarin oranges

1/4 c. oil
4 eggs

Beat 2 minutes. Bake at 325 degrees for 45 minutes. Let cake cool.

Icing:

1 large Cool Whip
1 large (20-oz.) crushed pineapple

1 small box vanilla instant pudding

Mix all ingredients very well with a spoon. Spread on cake.

BLUE RIBBON CARROT CAKE

Wilma Martin

2 c. all-purpose flour
2 tsp. soda
1/2 tsp. salt
2 tsp. cinnamon
3 eggs, well beaten
3/4 c. vegetable oil
3 c. buttermilk

2 c. sugar
2 tsp. vanilla
1 8-oz. crushed pineapple, drained
2 c. grated carrots
1 (3 1/2-oz.) flaked coconut
1 c. walnuts

Combine flour, soda, and cinnamon; set aside. Combine eggs, oil, buttermilk, sugar, and vanilla; beat until smooth; stir in flour mixture, pineapple, carrots, coconut, and chopped walnuts. Pour into 9-inch greased and floured round cake pans. Bake at 350 degrees for 35-40 minutes or until done. Remove from pans immediately; cool completely. Spread orange cream cheese frosting between layers, on top, and sides of cake. Store in refrigerator.

Frosting:

1/2 c. butter, softened
1 8-oz. cream cheese, softened
1 tsp. vanilla

2 c. powdered sugar
1 tsp. orange juice
1 tsp. grated orange rind

Combine butter and cream cheese; beat until light and fluffy. Add vanilla, powdered sugar, and rind. Beat until smooth.

DUTCH APPLE CAKE

Pam Shuford

2 eggs	1/2 tsp. salt
1 c. vegetable oil	2 tsp. cinnamon
1 tsp. vanilla	2 c. sugar
2 1/2 c. flour	1-lb. can unsweetened apple slices
1 tsp. soda	1 c. nuts

Heat oven to 350 degrees. Grease and flour a 9x13-inch pan. Beat 2 whole eggs until foamy. Add vegetable oil and vanilla. Add in order given flour, soda, salt, cinnamon, and sugar. Add apple slices and nuts. Do not use mixer. Bake 1 hour.

Frosting:

8 oz. cream cheese (room temperature)	2 c. powdered sugar
4 Tbsp. butter, soft	1 tsp. vanilla

Mix all ingredients and spread on cooled cake.

ITALIAN CREAM CAKE

Teresa Teague Lee

2 c. sugar	2 c. plain flour (White Lily)
5 egg yolks	1/2 to 2/3 tsp. salt
1 1/2 c. Crisco	1 tsp. vanilla
1 stick butter	1 c. coconut
1 c. buttermilk	1 c. chopped nuts
1 tsp. soda	

Cream the first 4 ingredients. Add 1 c. buttermilk, 1 tsp. soda, 2 c. flour, and 1/2 to 2/3 tsp. salt to creamed mixture. Stir vanilla, coconut, and nuts to the above. Beat egg whites (from 5 eggs) stiff and fold in batter. Use 3 9-inch cake pans. Bake at 325 degrees until done.

Icing:

1 stick butter (room temperature)	1 tsp. vanilla
8 oz. cream cheese	1/2 c. chopped nuts
1 box powdered sugar	1/2 c. coconut

Cream together butter and cream cheese. Gradually add sugar and vanilla. More sugar and a little milk may be added if desired. Also add 1/2 c. nuts and 1/2 c. coconut.

CHOCOLATE POUND CAKE

Shelia Teague McPeters

- 1/2 lb. butter

1/2 c. Crisco

3 c. sugar

3 c. cake flour

5 eggs

1 tsp. baking powder
- 1/2 tsp. salt

1/2 c. cocoa

1 c. sweet milk

2 tsp. vanilla

1/2 tsp. almond flavoring (optional)

Mix butter, Crisco, and sugar together. Add eggs, one at a time; beat after each egg. Add remainder of ingredients. Beat until smooth and pour in a greased and floured tube pan. Bake at 325 degrees for 1 hour and 20 minutes (maybe a little longer).

NOTE: May add glaze while hot if you prefer.

KENTUCKY DERBY PIE

Greta Clark

- 3/4 c. chocolate chips

2 eggs, beaten

1 c. sugar

1/2 c. flour

1 c. English walnuts or pecans
- 1 stick butter, melted and cooled

1 tsp. vanilla

2 unbaked pie shells (not deep dish)

Mix sugar, flour; add eggs, then butter, nuts, chips, and vanilla. Pour into unbaked pie shells. Bake 30 minutes at 350 degrees. Should be chewy (not runny). Serve at room temperature, or warm with whipped cream or ice cream.

MILLIONAIRES PIE

Pat Rogers

- 1 large Cool Whip

1 can Eagle Brand milk

1 No. 2 can crushed pineapple
- 1/2 c. nuts

1/2 c. lemon juice

2 pie crusts

Combine Cool Whip with milk, pineapple, nuts, and fold in lemon juice. Cool for 2 hours before cutting.

CHOCOLATE TORTE

Virginia Hannah

- 1 c. chopped nuts

1 c. self-rising flour

1 stick butter

1 8-oz. cream cheese

1 c. sugar
- 1 large Cool Whip

2 4-oz. boxes Jell-O instant chocolate pudding

3 c. cold milk

Continued.....

CHOCOLATE TORTE (Continued)

First Layer: Melt butter; cool and add flour and nuts. Press into an 8x13-inch or a 9x9-inch casserole. Bake 15 minutes at 350 degrees. Cool.

Second Layer: Cream sugar and cream cheese well. Add 1/2 of the Cool Whip. (Reserve the rest for topping.)

Third Layer: Mix pudding as directed on box, except use only 3 c. cold milk.

Fourth Layer: Top with rest of Cool Whip and sprinkle top with chopped nuts.

EASY LEMON FREEZE

Frances Rogers

- | | |
|--------------------------------|--------------------------|
| 2 Tbsp. butter | 1 can Eagle Brand milk |
| 1 c. graham cracker crumbs | 1/3 c. real lemon juice |
| 1 21-oz. can lemon pie filling | 1 1/2 c. whipped topping |

In small pan, melt butter. Stir in crumbs reserving 1 Tbsp. for garnish. Pat crumbs on bottom of a buttered 8x8-inch baking dish. Set aside. In medium bowl, combine pie filling, milk and lemon juice. Mix until smooth. Spread into prepared pan. Top with whipped topping and reserved crumbs. Freeze 3 hours. Let thaw some before serving.

CHOCOLATE DREAM DELIGHT

Wilma Martin

- | | |
|---------------------------|----------------------------------|
| 1 c. flour | 1 c. Cool Whip |
| 1 stick butter, melted | 2 c. cold milk |
| 1 c. powdered sugar | 1 pkg. instant chocolate pudding |
| 1 8-oz. pkg. cream cheese | 1 c. pecans |

Mix flour, butter, and 1 c. pecans. Press with egg turner into bottom of oblong pan. Bake 20 minutes at 350 degrees. Do not overbake; cool. Mix powdered sugar, cream cheese, and Cool Whip. Spread over first layer. Cool. Mix cold milk with pudding mix. Spread over second layer. Spread more Cool Whip. Cut into squares and top with pecans halves, chopped pecans, or one long-stemmed red cherry.

MYSTERY PECAN PIE

Donna Stone

- | | |
|----------------------------|-------------------------------|
| 1 9-inch unbaked pie shell | 2 tsp. vanilla |
| 1 8-oz. pkg. cream cheese | 1/4 tsp. salt |
| 1/3 c. + 1/4 c. sugar | 1 1/4 c. chopped pecans |
| 4 eggs | 1 c. light or dark corn syrup |

Continued.....

MYSTERY PECAN PIE (Continued)

Beat cream cheese, 1/3 c. sugar, 1 egg, 1 tsp. vanilla, and salt in small mixing bowl until thick and creamy. Set aside. Beat 3 eggs in mixing bowl until blended. Add 1/4 c. sugar, corn syrup, 1 tsp. vanilla, and blend well. Spread cream cheese mixture in bottom of pastry lined pan. Sprinkle with pecans. Gently pour corn syrup mixture over pecans. Bake at 375 degrees for 35-40 minutes, until center is firm to touch.

PEANUT BUTTER PIE

Dot Williams

2 eggs	1/2 c. peanut butter
1 c. corn syrup	1 tsp. vanilla
1/4 c. sugar	1 unbaked 8-inch pie crust

Beat eggs. Mix eggs, corn syrup, sugar, peanut butter, and vanilla together. Pour into unbaked pie crust. Bake at 350 degrees for 45-60 minutes, until top is brown and crisp.

EGG CUSTARD

Mrs. Bob Jones

6 eggs, well beaten	1 tsp. cornstarch
1 c. sugar	1/4 stick butter
1 c. milk	1 pie shell
Pinch salt	

Mix first 6 ingredients. Pour into pie shell. Bake at 350 degrees for 45 minutes or until done.

NO CRUST APPLE PIE

Patsy Lanning

6 apples	1 tsp. cinnamon
1/2 c. white sugar	1/2 c. water

Cut apples into eights. Boil first 4 ingredients 10 minutes and put in baking dish.

Topping:

3 tsp. butter	1/4 c. brown sugar
1/2 c. flour	

Mix all the topping ingredients together and sprinkle over apples. Bake at 350 degrees until apples are tender and topping is brown, about 45 minutes.

JAPANESE FRUIT PIE

Margaret Payne

1 c. flakey coconut
1 c. chopped pecans
1 1/2 c. melted butter

4 eggs, beaten
2 Tbsp. vinegar
2 c. sugar

Mix butter and sugar. Add eggs, coconut, vinegar, and pecans. Pour into 2 9-inch pie shell. Bake at 300 degrees for 40-50 minutes. You can top with whole pecans, if desired.

COCONUT PIE

Virginia Wick

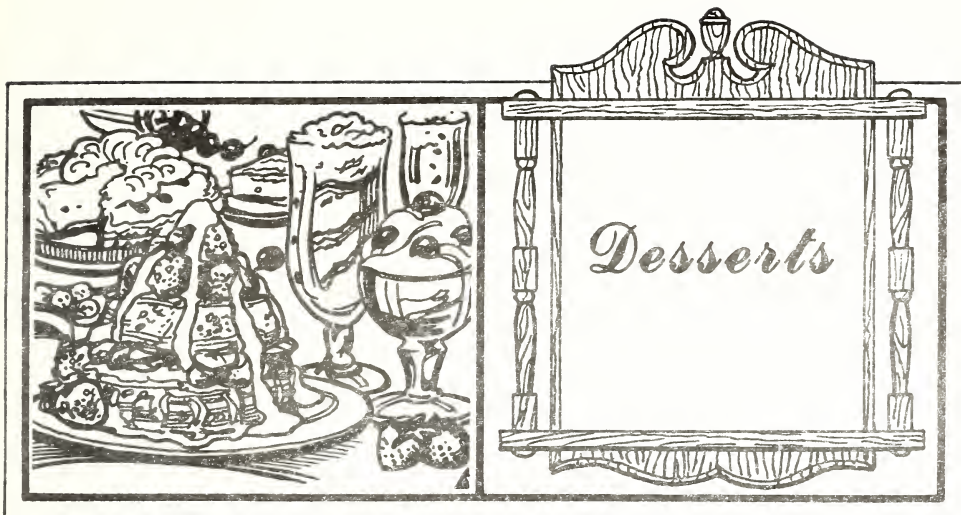
4 eggs
1 3/4 c. sugar
1/2 c. self-rising flour
1/2 stick melted butter

1 tsp. vanilla
2 c. milk
1 small can coconut

Mix sugar and flour. Add eggs and rest of ingredients. Pour into 2 9-inch pie tins (well-greased). Bake at 350 degrees for 35 minutes or until done.

Write Extra Recipes Here:





PERSIMMON PUDDING

Mae Taylor and Wilma Martin

1 c. milk
1 c. sugar
1 egg
1 c. persimmon pulp
1 c. flour

1 tsp. baking powder
Pinch salt
1 tsp. allspice
1 tsp. cinnamon

NOTE: 1 c. self-rising flour may be substituted for flour, baking powder, and salt.

Grease and flour a 9x9-inch pan. Preheat oven to 350 degrees. Mix all ingredients well. Bake for 40-50 minutes or until knife inserted comes out clean. Serve with Cool Whip or sauce.

CHOCOLATE CAKE PUDDING

Charlotte Surratt

Cake:

3/4 c. Godchaux granulated sugar
1 c. sifted plain flour
1/4 tsp. salt
2 tsp. baking powder

2 Tbsp. cocoa
1/2 c. milk
3 Tbsp. melted butter (cooled)
1 tsp. vanilla

Topping:

1/2 c. Godchaux granulated sugar
1/2 c. Godchaux brown sugar

1/4 c. cocoa
1 1/2 c. water

Continued.....

CHOCOLATE CAKE PUDDING (Continued)

Sift sugar, flour, salt, baking powder, and cocoa together into a 9-inch square baking pan. Stir in milk, butter, and vanilla. Spread batter in pan. Mix topping sugars and cocoa, and sprinkle over batter. Pour water over batter. Pour water over all and bake in 350 degree oven 45 minutes or until top springs back when lightly touched. Serve warm or cool with cream or sour cream. Serves 6-8.

PINEAPPLE PUDDING

Frances Rogers

1 No. 1 can crushed pineapple
(not drained)
1/4 stick butter
1 c. sugar

4 eggs
5 slices of white bread (toasted
and cubed)

Beat sugar, butter, and eggs with a fork. Add pineapple and bread. Bake in a 13x9x2-inch pan at 350 degrees for 45-50 minutes.

BANANA PUDDING

Lucille Meadows and Mae Taylor

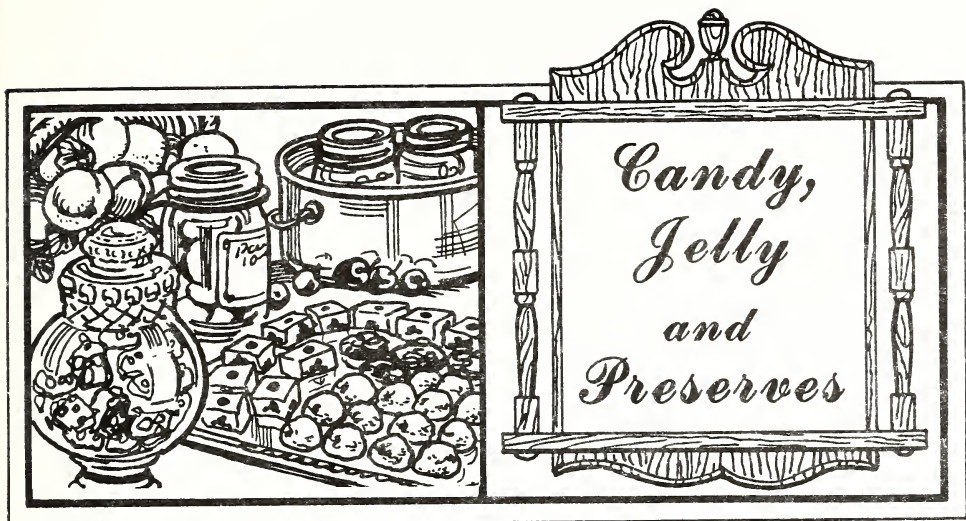
2 pkg. instant vanilla pudding
1 8-oz. sour cream
3 c. milk

3-8 bananas
1 9-oz. Cool Whip
1 box vanilla wafers

Mix pudding mix, milk, sour cream and 1/2 of Cool Whip. Put a layer of wafers in a dish, then a layer of sliced bananas. Spread the custard mix over the bananas and wafers. If using a deep dish, repeat again with wafers, bananas and custard. Top with remaining Cool Whip and wafer crumbs.

Write An Extra Recipe Here:





COCONUT BALLS

Susan Gregory

1 can sweetened condensed
milk
1 large bag coconut

1 box powdered sugar
1 12-oz. pkg. chocolate chips
1/2 block paraffin wax

Milk, milk, coconut, and powdered sugar together. Shape into balls. Lay on waxed paper. Refrigerate 3 or 4 hours or overnight. In a double boiler, melt the chocolate chips and wax. Dip balls and let cool.

CREAMY CHOCOLATE FUDGE

Lucille Meadows

1 jar marshmallow cream
1 1/2 c. sugar
2/3 c. evaporated milk
1/4 c. butter
1/4 tsp. salt

1 6-oz. pkg. milk chocolate or
semi-sweet morsels
1/2 c. pecans
1 tsp. vanilla

In large saucepan, combine: 1 jar marshmallow cream, 1 1/2 c. sugar, 2/3 c. evaporated milk, 1/4 c. butter and 1/4 tsp. salt. Bring to a full boil over moderate heat, stirring constantly. Continue boiling and stirring for 5 minutes. Remove from heat; add the chocolate morsels. Stir until melted and mixture is well blended. Stir in pecans and vanilla. Pour into a well greased 8-inch square pan. Chill in refrigerator until firm (about 2 hours).

MOUNDS

Toni Thomas and Wilma Martin

2 c. chopped pecans
1/2 c. butter
1 box powdered sugar
1 small can coconut

1 can Eagle Brand milk
1 12-oz. pkg. semi-sweet or
milk chocolate morsels
1 bar paraffin wax

Melt butter and pour over pecans. Sift sugar; add coconut, sugar, and milk to pecans. Mix well and form into small balls. Stick a toothpick into each ball. Place on waxed paper and set in freezer for 30 minutes. Melt wax and chocolate morsels in top of a double boiler. Dip each ball into warm chocolate and place on waxed paper to drain. Remove picks and top with a pecans half.

MINTS

Mrs. Bob Jones

1 1-lb. pkg. powdered sugar
1/2 c. butter, softened
2 Tbsp. evaporated milk

4 or 5 drops of peppermint
flavoring
Few drops desired food coloring

Combine all ingredients in a large mixing bowl. Beat at high speed of electric mixer until well blended. Knead until smooth. Shape mints in rubber candy molds and place on baking sheets. Cover with paper towels and let stand overnight to harden. Yield: 8 or 9 doz.

HOLIDAY FRUIT BALLS

Pauline Plemmons

1/4 c. butter
1/2 lb. miniature marshmallows
1/2 c. evaporated milk
1/2 lb. graham cracker crumbs
1/2 lb. candied pineapple, chopped

1/2 lb. candied cherries, chopped
1/2 lb. light raisins
1 1/2 c. chopped nuts
1 c. flaked coconut

Combine margarine, marshmallows, and milk in a saucepan. Cook over low heat until melted, stirring constantly. Combine cracker crumbs, fruits, and nuts in large mixing bowl. Add milk mixture, stirring until well mixed. Form into 1 1/2-inch balls and roll in coconut.

P L E A S E P A T R O N I Z E O U R A D V E R T I S E R S



POTATO CASSEROLE

Pauline Plemmons

- 2 1-lb. bags frozen hash brown potatoes
- 1/2 c. (1 stick) melted butter
- 1/4 tsp. pepper
- 1 tsp. salt (optional)

- 1 can cream of chicken soup (undiluted)
- 8 oz. sour cream
- 2 c. shredded sharp cheese
- 2 c. crushed cornflakes or potato chips

Combine potatoes with everything, reserving 1/4 c. butter. Top with 2 c. crushed cornflakes or potato chips. Mix with 1/4 c. butter. Can be prepared ahead in a 3-qt. greased casserole. Bake at 350 degrees for 1 hour. Serves 12.

CHICKEN AND DRESSING CASSEROLE

Lesta Gordon, Wilma Martin, Mae Taylor, Carlene Cochran and Delois Masters

- 1 whole chicken, cooked and chopped
- 1 large pkg. corn bread stuffing
- 1 stick butter

- 1 c. broth from chicken
- 1 can cream of mushroom or cream of celery soup
- Salt and pepper to taste

Prepare chicken. Fix stuffing with butter and broth. In baking dish, put 1/2 stuffing and then 1/2 chicken in layer. Spread cream of chicken soup over this. Layer with rest of dressing, chicken, and can of mushroom or celery soup. Do not mix. Bake 1 hour at 350 degrees. Check after 30 minutes.

CHICKEN CASSEROLE WITH RICE

Tish Lawrence

2 c. diced chicken	1 c. diced celery
1/4 c. mayonnaise	1 Tbsp. lemon juice
1 c. cooked rice	1 tsp. chopped onions
1/2 tsp. salt	1/2 c. shredded almonds
4-oz. can mushrooms	1 c. cream of chicken soup

Combine ingredients and place in casserole dish. Mix 2 Tbsp. butter with 1 c. of corn flake crumbs. Place on top of casserole and bake 30-40 minutes in a 350 degree oven.

TATER TOT CASSEROLE

Phyllis Fiscus

1 pkg. Tater Tots (2 lbs.)	1 stick butter, melted
1 c. celery or cream of chicken soup	1 c. sour cream
	2 c. shredded cheddar cheese

Grease baking dish with butter. Add Tater Tots. Mix soup, melted butter, and soup. Pour over Taters. Top with cheese and bake at 350 degrees for 30-40 minutes.

SCALLOPED CORN CASSEROLE

Phyllis Fiscus

1 c. cream style corn	1 tsp. salt
1/2 c. chopped celery	2 eggs
1/4 c. green pepper	1 c. milk
1 c. cracker crumbs	2/3 c. American cheese

Mix together corn, celery, green pepper, crackers crumbs, salt, and cheese (which has been cut up in small pieces). Pour into a buttered casserole. Beat eggs well and add milk. Pour over the corn mixture and dot with butter. Bake in a 350 degree oven for 40-50 minutes.

SLICED POTATO CASSEROLE

Lib Kanipe

1 can mushroom soup	1 small onion, sliced thin
1/2 c. milk	1 c. shredded cheese
Dash of pepper	1 tsp. butter
4 c. potatoes, sliced thin	

Oven temperature: 375 degrees. Stir soup and milk over low heat until smooth. Add pepper. In a buttered casserole, alternate layers of potatoes, onions, sauce, and cheese. Dot with butter. Bake, covered, for 1 hour. Uncover and bake 30 minutes longer.

SWEET POTATO SOUFFLE

Marie Boyd

3 c. cooked mashed sweet potatoes	1/3 stick butter
1 c. sugar	1 tsp. vanilla
1/3 tsp. salt	2 eggs

Mix all ingredients and pour into a greased baking dish. Add a little milk if mixture seems dry.

Topping:

1 c. coconut	1/3 stick butter
1 c. brown sugar	1/3 c. self-rising flour
1 c. chopped pecans	

Mix all ingredients and pour on top of sweet potato mixture. Bake at 300 degrees for 35 minutes or until brown.

SQUASH CASSEROLE

Lib Kanipe

6-8 yellow squash	2 Tbsp. brown sugar
1 large onion, chopped	2 Tbsp. margarine
1 large bell pepper, chopped	1 large can tomatoes
3 Tbsp. flour	Parmesan cheese

Oven temperature: 350 degrees. Slice squash and boil until tender. Saute onion and pepper in margarine. Mix flour and sugar together. Drain tomatoes and squash. Add all ingredients together and pour into casserole dish. Sprinkle top with Parmesan cheese. Bake 30 minutes.

VEGETABLE CASSEROLE

Carolyn Teague

2 c. mixed vegetables, drained	1 c. chick peas or water
1 c. whole kernel corn	chestnuts
1 c. diced celery (precook about 10 minutes)	10 oz. cheddar cheese, shredded
1 c. diced onion	1 stick butter
1 c. mayonnaise	1 pkg. Ritz crackers

Mix all the vegetables together. Melt 1 stick butter and crush 1 pkg. Ritz crackers. Mix together well and spread evenly over vegetable mixture. Bake in 350 degree oven for 30 minutes.

VEGETABLE DIP

Phyllis Fiscus

- | | |
|--------------------|-----------------------|
| 1 c. mayonnaise | 1 tsp. garlic salt |
| 1 tsp. horseradish | 1 tsp. onion, chopped |
| 1 tsp. vinegar | 1 tsp. curry powder |

Mix well and serve with raw vegetables.

DILLY DIP IN PUMPERNICKEL

Robbie Clark

- | | |
|---------------------------------|-------------------------------|
| 1 round loaf pumpernickel bread | 1 Tbsp. parsley flakes |
| 3/4 c. Hellman's mayonnaise | 1 Tbsp. dill weed |
| 3/4 c. sour cream | 1 tsp. Lawry's Seasoning Salt |
| 1 Tbsp. dried onion | |

Hollow out loaf of bread (save bread chunks). Mix ingredients together and pour into hollowed out bread. Serve with bread chunks and crispy veggies.

CHEESE GRITS

Hattie Cochran

- | | |
|----------------------------|----------------------|
| 1/2 c. butter | 1 1/4 c. plain flour |
| 1 c. grated cheddar cheese | 1/4 tsp. salt |

Preheat oven to 400 degrees. Cream butter and cheese until creamy and smooth. Roll into balls. Place on cookie sheet and bake at 400 degrees for 12 minutes. Makes about 4 doz.

POTATO CROQUETTES

Marie Boyd

- | | |
|------------------------------|--------------------------------|
| 4 c. cooked mashed potatoes | 1 1/2 c. buttery round cracker |
| 2 eggs, beaten | crumbs (about 40) |
| 2-4 Tbsp. buttermilk | 1/4 c. butter, melted |
| 1 tsp. salt | 1/2 tsp. paprika |
| 3 Tbsp. chopped fresh chives | Chives (optional) |
| 1/4 tsp. black pepper | |

Combine first 6 ingredients; mix well. Divide mixture into 8 portions and shape into croquettes. Roll in cracker crumbs. Place on a light greased jelly roll pan. Cover and refrigerate 24 hours. Combine butter and paprika. Drizzle over croquettes. Bake at 375 degrees 20-25 minutes or until golden brown. Garnish with chives, if desired.

BARBECUE SAUCE FOR CHICKEN

F. E. Rodgers

- | | |
|------------------------|-----------------|
| 1 stick butter, melted | 1 c. catsup |
| 1 Tbsp. lemon juice | Salt and pepper |
| 2 Tbsp. Worcestershire | 1 c. water |

Put pieces of chicken in pan. Mix all ingredients at left and pour over chicken. Cook covered for 25 minutes on each side. Oven temperature: 375 degrees to 400 degrees.

RUSSIAN TEA

Rosie Meadows

- | | |
|-------------------------|----------------------------------|
| 2 c. sugar | 1 1/2 qts. tea |
| 8 c. boiling water | 1 large frozen orange juice |
| 1 1/2 tsp. whole cloves | 1 large (46-oz.) pineapple juice |
| 2 tsp. cinnamon | 1/4 c. lemon juice |

Mix the first 4 ingredients, and boil for 15 minutes. Let set 2 hours and strain. Pour the last 4 listed items into the first 4. Heat to boiling before serving.

INSTANT RUSSIAN TEA

Hattie Cochran

- | | |
|--|----------------------|
| 2 c. Tang | 1 c. sugar |
| 1/2 c. instant tea | 1 tsp. ground cloves |
| 2 large pkg. lemon Kool Aid
(pre-sweetened) | 1 tsp. cinnamon |
| 2 boxes pineapple Jell-O | 2 c. boiling water |

Mix together. Use 2 tsp. in a cup of boiling water.

QUICHE

Adah Clark

- | | |
|--------------------------|--|
| 1 pie shell | 2 c. grated cheese (1 Swiss and 1
Mozzarella) |
| 10 or 12 slices of bacon | 3 or 4 eggs |
| 1 box spinach | 1 c. sour cream |

Bake pie shell for 6 minutes at 425 degrees. Line shell with: 10 or 12 slices of bacon; saute until almost done; break into pieces, a layer of cooked spinach (drained), and 2 c. of cheese. Cover with: 3 or 4 eggs, beaten with one c. sour cream. Pour over bacon and spinach. Sprinkle with cheese. Bake 30 minutes at 400 degrees. Let stand 10 minutes before cutting.

ICING FOR IRISH POTATO CAKE

Delois Masters

2 Tbsp. butter
1 small egg
2 c. powdered sugar

1 tsp. vanilla
Cocoa (use the amount you
want)

Cream butter and sugar. Add egg, vanilla, and cocoa. Beat until thick and smooth. Spread on cake.

PIQUANTE DRESSING

Phyllis Fiscus

1 c. salad or olive oil
1/4 c. vinegar
1/4 c. lemon juice

1/2 tsp. dry mustard
1 tsp. salt
1/2 tsp. paprika

Dressing:

2 Tbsp. sugar
1/2 tsp. celery seed

1/2 tsp. grated onion
1/2 c. base dressing

Beat first 6 ingredients with rotary beater or shake well. This is the base to store in refrigerator. Mix dressing ingredients. Let 1 clove of garlic cut crosswise remain in dressing for 1 hour. Pour over dressing.

HOT DOG CHILI

Ruth Cochran

1 lb. ground beef
1 medium onion, chopped
Salt and pepper to taste

1 c. water
1 small can tomato sauce

Put in saucepan and add 1 c. water and brown. Add 1 small can tomato sauce. Simmer 1 hour.

Write An Extra Recipe Here:



OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate hot	375 degrees - 425 degrees F.
Hot.	425 degrees - 450 degrees F.
Very hot	450 degrees - 475 degrees F.

BREADS	Minutes	Temperature
Loaf	50-60	400
Rolls.	20-30	400
Biscuits	12-15	450
Muffins	20-25	400
Popovers	30-40	425
Corn bread.	25-30	400
Nut.	50-60	350
Gingerbread	30-40	325

PIES	Minutes	Temperature
Pumpkin	35-45	400
Two-crust	25-40	400
Shells	10-12	450
Meringue	10-15	300

COOKIES	Minutes	Temperature
Drop.	10-15	400
Rolled.	8-12	400
Ice box	8-12	400
Molasses	10-15	350

CAKES	Minutes	Temperature
Angel	60	325
Sponge	60	325
Cup	25	350
Layer	25-30	375
Loaf	45-60	350
Sheet	20-30	375
Pound.	60-90	325

MEAT AND POULTRY	Minutes	Temperature
Beef, rare.	20 min. to lb.	300
Beef, medium.	25 min. to lb.	300
Beef, done	30 min. to lb.	300
Pork	40 min. to lb.	350
Ham, smoked	30 min. to lb.	300
Mutton	35 min. to lb.	300
Veal	35 min. to lb.	325
Chicken.	25 min. to lb.	350
Duck.	25 min. to lb.	350
Turkey, large	20 min. to lb.	275
Turkey, small	25 min. to lb.	300
Fish	20 min. to lb.	375

MISCELLANEOUS	Minutes	Temperature
Custard cup	20-30	300
Custard casserole.	45-60	300
Souffle	50-60	325
Baked potato	60-90	400
Baked beans.	6 hours	350
Timbales	35-45	300
Rice Pudding	50-60	325
Scalloped potato.	60-90	375

TIME CHART FOR ROASTS

Kind: Minutes per lb. after searing:
 Beef — rare — 10-16 medium — 17-22 well done — 23-30
 Veal, pork, lamb — well done — 30 Cured pork — well done — 40-55

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat: Time in Minutes:
 Beef steaks — 1-inch thick Rare or medium, 8-10
 1 1/2-inch Rare or medium, 10-15
 2-inch Rare or medium, 18-25
 Pork chops, thin — 8-10 Lamb chops, rib — 6-8 Loin or shoulder — 8-10
 Mutton chops 1-inch thick — 15-20 Veal cutlets, very thin — 6-8 Chops — 10

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture of corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

TEMPERATURES FOR BAKING FLOUR MIXTURES

<u>Food</u>	<u>Temperature</u>	<u>Time (Min.)</u>
Baking powder biscuit	450 degrees to 460 degrees	12-15
Bread	350 degrees to 400 degrees	45-60
Butter cake, loaf	360 degrees to 400 degrees	40-60
Butter cake, layer	380 degrees to 400 degrees	20-40
Cake, angel	300 degrees to 360 degrees	50-60
Cake, sponge	300 degrees to 350 degrees	40-60
Cake, fruit	275 degrees to 325 degrees	3-4 hours
Cookies, thin	380 degrees to 390 degrees	10-12
Cookies, molasses	350 degrees to 375 degrees	18-20
Cream puffs	300 degrees to 350 degrees	45-60
Meringues	250 degrees to 300 degrees	40-60
Muffins (b. p.)	400 degrees to 425 degrees	20-25
Pie crust	400 degrees to 500 degrees	20-40
Popovers	350 degrees to 450 degrees	35-40
Rolls	400 degrees to 425 degrees	25-30

TABLE FOR COOKING CEREALS

<u>Kind and Amount</u>	<u>Salt</u>	<u>Water</u>	<u>Time in double boiler</u>
Cream of wheat, 1 cup	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup.	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup.	1 tsp.	3 c.	40 minutes
Hominy (coarse)	1 tsp.	5 c.	3 hours
(fine).	1 1/2 tsp.	4 c.	2 hours
Rolled oats, 1 cup	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup.	1 tsp.	4-c.	4 to 6 hours

TABLE FOR DRIED FRUITS

<u>Fruit</u>	<u>Cooking Time</u>	<u>Amount of Sugar or Honey</u>
Apricots	About 40 minutes	1/4 c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes.	About 45 minutes	2 Tbsp. for each c. fruit

SAUCES

<u>White Sauce</u>	<u>Liquid</u>	<u>Thickening Material</u>	<u>Fat</u>	<u>Seasoning (salt)</u>
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium.	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick.	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.
Use No. 1 sauce for cream soups.				
Use No. 2 sauce for creamed or scalloped dishes or gravy.				
Use No. 3 sauce for souffles.				
Use No. 4 sauce for croquettes.				

VEGETABLE TIME TABLE

<u>Vegetable</u>	<u>Boiled</u>	<u>Minutes Steamed</u>	<u>Baked</u>
Asparagus, tied in bundles.	30		
Artichokes, French	40	45-60	
Beans, Lima, depending on age.	20-40	60	
Beans, string.	15-45	60	
Beets, young with skins on	45	60	70-90
Cabbage, chopped, cut sectional.	10-20	25	
Cauliflower, stem down	20-30		
Carrots, cut across.	20-30	40	
Chard	60-90	90	
Celery, cut in lengths 1/2 inch	30	45	
Corn, green, tender	5-10	15	20
Cucumbers, peeled and cut	20	30	40
Eggplant, whole	30	40	45
Onions	45	60	60
Parsnips.	60	75	75
Peas, green.	20-40	35-50	
Peppers	20-30	30	30
Potatoes, depending on size.	20-40	60	45-60
Pumpkin, in cubes.	30	45	60
Potatoes, sweet.	40	40	45-60
Salsify.	25	45	
Spinach	20	30	
Squash in cubes.	20-40	50	60
Tomatoes, depending on size.	5-15	50	15-20
Turnips, depending on size	30-60		

MEASUREMENTS, EQUIVALENTS AND METRIC

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE METRIC CONVERSION

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft ³)	cubic meters (m ³)	0.03
cubic yards (yd ³)	cubic meters (m ³)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m ³)	cubic feet (ft ³)	35
cubic meters (m ³)	cubic yards (yd ³)	1.3

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 degrees to 234 degrees
Soft ball	234 degrees to 238 degrees
Medium ball	238 degrees to 244 degrees
Firm ball	244 degrees to 248 degrees
Hard ball	248 degrees to 254 degrees
Very hard ball.	254 degrees to 265 degrees
Light crack.	265 degrees to 285 degrees
Hard crack	290 degrees to 300 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, peneuche and cream candies

Fondants (mints, etc.)	234-236 degrees, soft ball
Marshmallows.	238-240 degrees, soft ball
Caramel mixtures	246-252 degrees, firm ball
Taffies.	254-270 degrees, hard ball
Butterscotch.	280-300 degrees, crack
Brittles	290-310 degrees, hard crack

Boiled frostings:

- 1 egg white to 1 c. sugar — 238-242 degrees, soft ball or thread
- 2 egg whites to 1 c. sugar — 244-248 degrees, soft ball or thread
- 3 egg whites to 1 c. sugar — 254-260 degrees, firm ball or long thread.

TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake	275-325 degrees - 40 minutes to 1 hour
Loaf cake.	325-350 degrees - 40 minutes to 1 hour
Cup cakes	350-375 degrees - 15 to 25 minutes
Layer cake	375-400 degrees - 20-30 minutes

FOR THE COOKIE JAR

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey	3 to 4 hours
8 to 12-lb. turkey	4 to 5 hours
12 to 16-lb. turkey	5 to 6 hours
16 to 20-lb. turkey	6 to 7½ hours
20 to 24-lb. turkey	7½ to 9 hours

Roasting Time and Temperature (whole turkeys):

Ready-to-cook Weight	Oven Temperature	Total Time Hours
8 to 10	325 degrees F.	4 to 4½
10 to 12	325 degrees F.	4½ to 5
12 to 14	325 degrees F.	5 to 5½
14 to 16	325 degrees F.	5½ to 6
16 to 18	325 degrees F.	6 to 6½
18 to 20	325 degrees F.	6½ to 7½
20 to 24	325 degrees F.	7½ to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

(Half Turkeys)

3½ to 5	325 degrees F	3 to 3½
5 to 8	325 degrees F	3½ to 4
8 to 12	325 degrees F	4 to 5

(Foil Wrapped Turkeys)

8 to 10	450 degrees F	2½ to 2½
10 to 12	450 degrees F	2½ to 3
12 to 16	450 degrees F	3 to 3½
16 to 20	450 degrees F	3½ to 3½
20 to 24	450 degrees F	3½ to 3½

INGREDIENT SUBSTITUTIONS

- 1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.
- 1¾ cups (approximately) all-purpose flour equals 2 cups cake flour.
- 2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.
- 1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.
- 1 cup raw rice equals 3 cups of cooked rice, approximately.
- 1½ cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
- 2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
- 2 cups ground meat (tightly packed) equals 1 pound.
- 3 cups ground meat (loosely packed) equals 1 pound.
- 2½ cups raisins equals 1 pound.
- 3 cups coarsely chopped nuts equals 1 pound.
- 1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
- ½ teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.
- 2 cups equal 1 can (tall)
- 2½ cups equals No. 2 can
- 3½ cups equals No. 2½ can
- 1 lemon (medium) equals 3 tablespoons juice
- 1 orange (medium) equals ½ cup juice
- 2 Tablespoons shortening equals 1 ounce.

TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp	teaspoons	3 t.	1 T.
T. or Tbsp	tablespoons	16 T.	1 c. (4 T. - ¼ c.; 8 T. - ½ c.)
c	cup	2 cups	1 pint
pt.	pint	2 pints	1 qt.
qt.	quart	4 qt	1 gal.
lb.	pound		

MEASURE OF FRUITS AND NUTS

- 1 pound dates measure about 2 cups
- 1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3¼ to 3½ cups
- 1 pound dried apples measure about 5 cups
- 1 pound cut-up candied fruit peel measures about 3 cups
- 1 pound shelled almonds or Brazil nuts measure about 3 cups
- 1 pound shelled walnuts or pecans measure about 4 cups

HERB PLANTS FOR FLAVOR AND FRAGRANCE

- 1. Basil (sweet) - Use with mushrooms, in egg, cheese, and fish dishes.
- 2. Basil (perennial) - For flavoring eggs, fish, eggs, game, meats, shellfish, salads.
- 3. Catnip - Leaves used in preparing herb teas. A tidbit for kitty.
- 4. Chervil - Young leaves, fresh and dried, used for culinary flavoring.
- 5. Chives - Use where mild onion flavor is required. Cheese, eggs, sauces, and salads.
- 6. Coriander - Ground seeds used in breads, cookies, cheese.
- 7. Costmary - Fresh leaves are used in beverages, meats, poultry, and herb teas.
- 8. Garlic - Used for garlic bread, salads, sauces, soups, spaghetti and meats.
- 9. Hyssop - Tender young leaves used in flavoring fruit cocktails, pies, salads, soups and stews.
- 10. Lavender - Flavoring for beverages and jellies. Tips used for perfumes.
- 11. Sweet Marjoram - For flavoring salads, meats, stuffings, fish and poultry.
- 12. Orange Bergamont Mint - Use in meat cookery, mint jelly and iced beverages.
- 13. Peppermint - For a garnish, fruit cocktails, cold beverages, salads. Tea good for digestion.
- 14. Pineapple Mint - Aromatic, refreshing odor. Used in meat cookery.
- 15. Spearmint - For flavoring fruit drinks, iced beverages, jellies and meat.
- 16. Oregano - Spaghetti sauces, Mexican dishes, shellfish, salads, meats.

HERB PLANTS FOR FLAVOR AND FRAGRANCE (continued)

17. Parsley - Salads, meats, soups, garnishings.
18. Pennyroyal - Gives pungency to green salads.
19. Rosemary - Add lightly to meat, poultry, eggs, Flavors jams, jellies.
20. Sage - Sausage, pork, veal, lamb, stuffings. For all poultry. Used in wine cups and summer fruit drinks.
21. Sage (Golden) - Sausage, pork, veal, lamb, for all poultry. Can be added to cream cheese.
22. Sage (Dwarf) - Sausage, pork, veal, lamb. In stuffings for all poultry. Herb butter and pickled cucumbers.
23. Pineapple Sage - Leaves used for seasoning. Rich meats and fish dishes.
24. Variegated Sage - Sausage, pork, veal, lamb, poultry. Tea is generally refreshing.
25. Summer Savory - Traditional flavourer of beans, egg dishes, cream sauces, poultry. Excellent substitute for pepper.
26. Winter Savory - Stronger than Summer Savory. Egg dishes, cream sauces, all poultry, and beans.
27. Shallots - Leaves used like chives. Bulbs have mild onion flavor.
28. French Sorrel - Used in moderation with spinach and lettuce. Salads.
29. Tansy - Tender young leaves used to add interest to baked fish, meat pie, or omelet.
30. Tarragon - For salad dressing, fish, poultry, shell fish. Delicious when used in sauces.
31. Thyme - Use cautiously with all meats, game, fish. Used in teas as a sedative.
32. Pink Yarrow - Herb tea. Dried flower arrangements.

COOKING FOR A CROWD

The season of the year rules the food choices to a degree. Also variety in flavor, texture, color and form. Plan best use of refrigerator space. Decide type of service, buffet, family style or served plates with waitresses.

AMOUNTS OF FOOD NEEDED FOR 25 - 50 - 100

Food	25	50	100
Can Beans, Baked	6-1 lb. cans or 1-10 lb. can	2 #10 cans	4 #10 cans
Plain can beans	Same as above	6 lbs.	12 lbs.
Dried	3 lbs.		
Beans, string	5-6 lbs.	10-12 lbs.	20-24 lbs.
fresh			
frozen	5-12 oz. pkgs.	3-40 oz. pkgs.	6-40 oz. pkgs.
canned	5 #2 cans or 1 #10 can	2 #10 cans	4 #10 cans
Cabbage shredded for slaw	4 lbs.	8 lbs.	16 lbs.
Corn	6-3 oz. cans	2 #10 cans	4 #10 cans
canned	1 #10 can		
frozen	5-12 oz. pkgs.	5-40 oz. pkgs.	10-40 oz. pkgs.
Carrots	6 lbs.	12 lbs.	24 lbs.
Fruit Cocktail	1 #10 can	2 #10 cans	4 #10 cans
Ham for Baking	10 lbs.	18-20 lbs.	36-40 lbs.
Meat for Meat Loaf	5 lbs.	9-10 lbs.	18 lbs.
Poultry for Roasting	15 lbs.	30 lbs.	60 lbs.

SLOW CROCKERY COOKING

To convert favorite recipes for slow cookers

REGULAR TIMING

15 to 30 minutes	1½ to 2½ hours on high* or 4 to 8 hours on low*
35 to 45 minutes	3 to 4 hours on high* or 6 to 10 hours on low*
50 minutes to 3 hours	4 to 6 hours on high* or 8 to 16 hours on low*

*High = 275 to 350 degrees F

SLOW COOKER

*Low = 180 to 190 degrees F. (pots vary)

TO TEST COOKER TEMPERATURE-TIMING Fill cooker half full of cold tap water. Heat, covered on high for 2½ hours. If water boils in less time reduce recipe cooking time. If it takes more than 3 hours to boil add cooking time.

FOR SAFETY Use pot in a safe place where cord is up out of the way. Never store food in crockery pot. Sudden temperature changes can crack ceramic liners. 180 degrees F. is a minimum safe cooking temperature. Read and use cooker instructions carefully.

TO SERVE CROCKERY COOKING Garnish with parsley, carrot curls, crushed corn chips, tomatoes, sauces, olives, pimientos, mint leaves, lemon or orange slices.

ADDITIONAL CROCKERY COOKING HINTS Use a timer for starting pot and cooking when you aren't around; Crossed strips of folded aluminum foil under roast will let you lift it quickly and safely to serving dish; Most recipes for low temperature can be prepared in half time on high; A slow pot is excellent for fondues, dips, hot punch, sauces, and as a bun warmer.

MICROWAVE COOKING PRINCIPLES:

1. High water content foods cook more rapidly than those with less.
2. The mass-density of a food is related to cooking time required.
3. "Standing" time is necessary for dense foods as meats. Cakes need rest time, too.
4. Such meats as roasts increase in temperature for a time during "standing".
5. Less leavening is required for some baked items as biscuits, muffins, etc. The "rapid" heat makes rapid expansion.
6. Some foods rise more than in the conventional oven.
7. Foods need rotation by hand or mechanically to avoid the hot spots in the oven cavity. Hot spots can be utilized for some food items.
8. The container shape is more important for some foods than others.
9. Never use metal containers or trim in microwave oven.
10. Never operate an empty oven - it can damage the magnetron.
11. Rapid cooking or expansion causes "eruptions" in certain foods.
12. Coverings during cooking prevents excess moisture loss and spatters.
13. Paper line cake pans to lessen sogginess around the edge. Cakes require "resting" time.
14. One cannot rely on conventional tests for doneness in some foods. Follow oven instructions for time and tests.
15. Use a container that radiation readily penetrates.
16. Time management and temperature for microwave food preparation is different than the traditional ways.

ADDITIONAL USES

- | | |
|---|---|
| 1. Warm pancake-waffle syrup | 9. Heat baby bottle. |
| 2. Clarify sugared honey. | 10. Reheats leftovers without warmed over flavor. |
| 3. Heat pie and hot ice cream ala mode. | 11. Freshens bread. |
| 4. Dry herbs - mint, parsley, onion, pepper, sage, etc. | 12. Baked foods need less leavening. |
| 5. Peel tomato or peaches - split skin. | 13. Dries flowers. |
| 6. Warm citrus fruits for more juice. | 14. Dry decoupage - painting. |
| 7. Melt chocolate, cream cheese, butter. | 15. Dry girdle or panty hose. |
| 8. Make jelly, jam, preserves, etc. | 16. Easy for a child to learn and use. |
| | 17. Helps handicapped or elderly. |

COOKING TERMS

1. Beat - Vigorously by hand or with an electric beater as indicated.
2. Blend - Stir ingredients lightly until well mixed.
3. Braise - To cook slowly in hot fat until brown, then add liquid and simmer on top of range.
4. Broil - Follow directions for broiling on kitchen range, charcoal or gas grill.
5. Cream - Beat shortening with a spoon or fork until spreadable consistency.
6. Dredge - To coat with flour, cornmeal, bread or cereal crumbs.
7. Fold - Use rubber spatula to lift and fold over ingredients lightly, usually to fold stiffly beaten egg whites into a batter.
8. Fricassee - Steak or chicken rolled in flour and browned in fat in pan or skillet. Add liquid such as water or milk and simmer until meat is tender.
9. Marinate - To allow a food to stand in a liquid such as oil and vinegar, French dressing or seasoned vinegar. This improves flavor and tenderizes meats.
10. Pan-broil - To cook meat, usually steak, in a heavy skillet, without fat added. Pour off all accumulated grease in skillet as it collects. Otherwise the steak is fried, not broiled.
11. Poach - To cook in hot liquid, such as water or milk, being careful that food holds its shape.
12. Saute - To cook slowly in a small amount of fat.
13. Sear - To brown very quickly by intense heat. This increases shrinkage but improves flavor and appearance.
14. Truss - To tie food with metal or wooden skewers to hold its shape during cooking.

APPALACHIAN STATE UNIVERSITY



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LOOK UNTO ME

What can be said at the end of the day,
When your race here on earth has been run;
And you stand before the Great White
Throne
Once the Judgment of God has begun?

The Books are opened and the pages
Searched
And not one thing can be found,
To prove your love for God above
Everything gets quiet, there's not a sound.

Then HE calls for "THE BOOK" to be
brought and searched
And your name cannot be found.
Then HE turns and looks, and quietly asks-
"Did you not repent of your sins?"

There must be something wrong, Dear Sir;
I'm as good as the others you see.
"That's the trouble" HE said, as HE closed
"THE BOOK,"
"You have looked at them, not ME."

Turn your eyes upon Jesus,
Look full in His wonderful face;
And the things of earth will grow strangely
dim-
In the light of His Glory and Grace.